

# Your ..... year/month/...

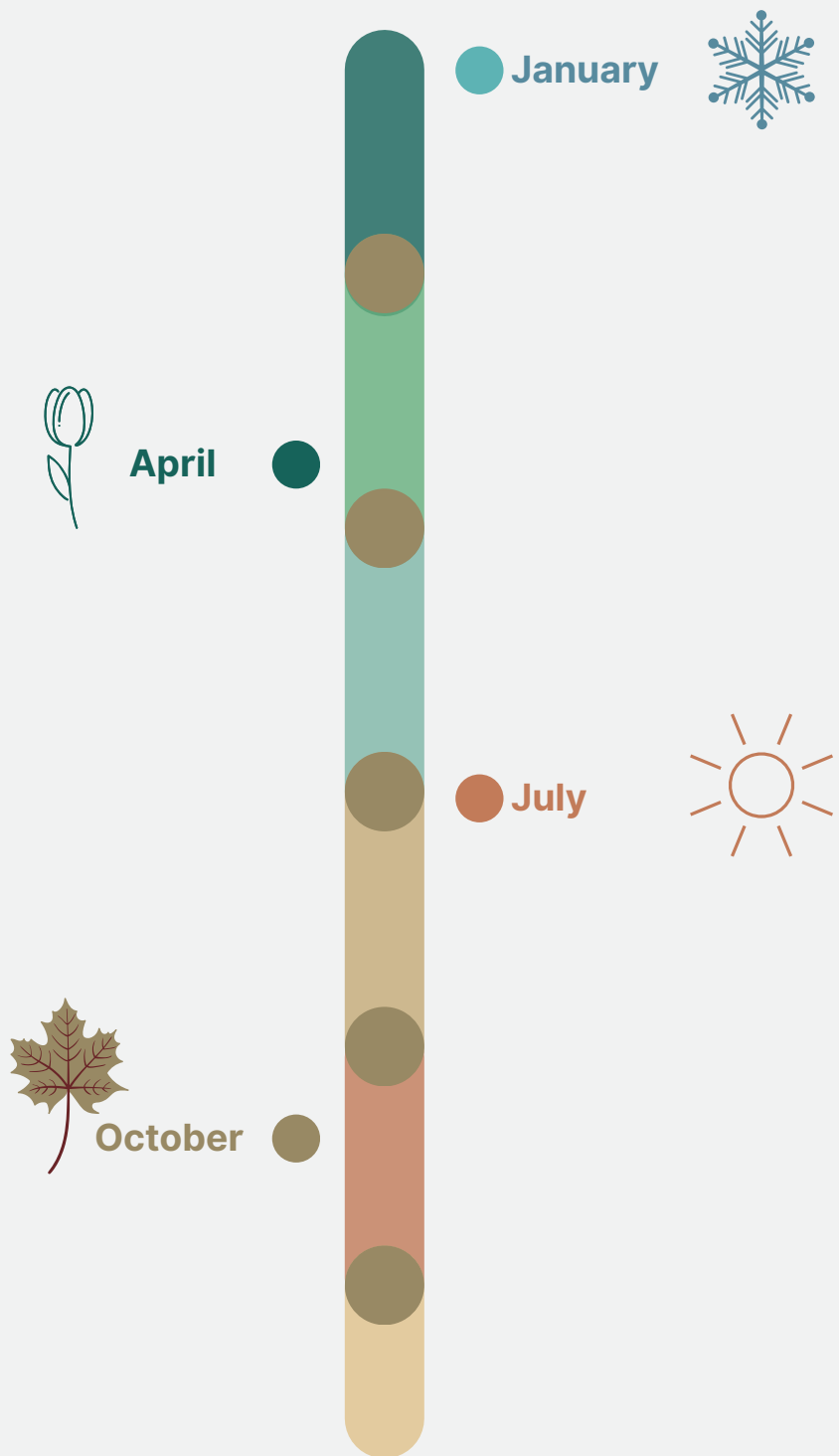
Think about something good and tangible that you managed to accomplish or that you experienced in this time period. Maybe something wonderful happened in your family or you visited someplace beautiful. Or perhaps, you were appreciated and acknowledged for something you did well or you initiated a new project, learned a new skill etc. Consciously think about things that bring you joy and fill you with positive energy.

Note your life events and feelings on the timeline. Most importantly - savor and enjoy this real, authentic and joyful time.



**IDEA**  
BIEDRĪBA

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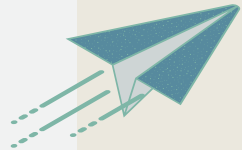


## *How to Begin?*



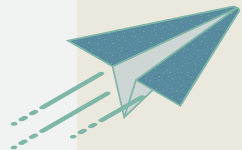
- Leave your comfort zone
- Trust others
- Stay highly motivated when you need something that you can't do without
- Learn from others (example)
- Learn from your mistakes and failures
- Celebrate your success
- Share your experience with others - show them your achievements
- Allow some time for the opportunities to show up
- Spread your wings and fly

# How to Set a Goal That is Effective and Achievable?



The goal should be formulated positively.

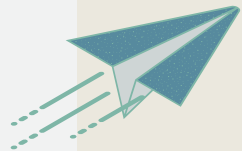
The idea is to not run from, move away or avoid something, but rather move towards something:  
Instead of saying: "I don't want to..." say: "I want to..."



The goal should depend on yourself.

NOT "I want *them* to...", but "I am doing.../I want to do..."

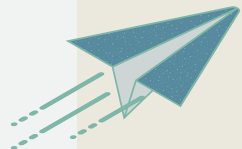
- How can I change my behavior?
- What do I have to do to reach my goal?



The goal can be tested by imagining it.

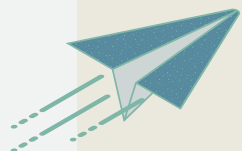
It is important to imagine yourself reaching your goal in as much detail as you can.

- How will I know that I have reached my goal?
- What will I specifically see, hear, feel, when I have reached my goal?



The goal is set within the right context.

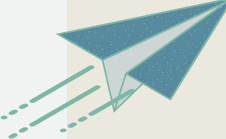
Where, how and who do I want to reach my goal with? Who I'd rather not?  
It's important to identify situations in which you want to realize this goal.  
What works in one situation, may have undesirable consequences in another, or may manifest literally.



The goal is sustainable and kind.

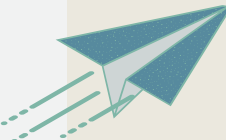
Before we make any changes (which always come with reaching new goals), we need to consider how it might affect our life in general. Is this goal worth the effort? How might my success affect my family and those close to me? Might I lose something important in the process?

# How to Set a Goal That is Effective and Achievable?



The scope of the goal is realistic.

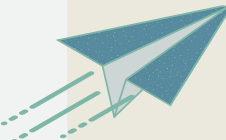
If the scope of the goal is too broad, it's best to divide it into smaller components. For example:  
"I want to be successful in all areas of my life." (Which area of life is the most important for you?)



The goal matches the available resources.

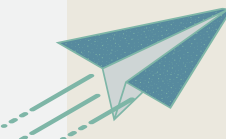
Besides financial or material, your resources are also knowledge, skills, abilities, positive emotions, etc.

- What resources do I need to realize this goal?
- What resources are already at my disposal?



What are the potential obstacles to reaching this goal?

- What gets in the way of realizing this goal?
- Why haven't I reached this goal already?
- What might be other potential paths to reach it?



What will be my first steps?

What will I do first to achieve this goal?  
Specifically, where and when will I take the first steps towards my goal?



The GROW model.

GOAL – What do I want to achieve?  
REALITY – Where am I at right now?  
OPTIONS – What are my options?  
ACTION – What action will I take?

# My Inspiring Goal:

## The Goal Setting Game



Write down the received  
question/-s and your  
answer/-s!

01



Write down the received  
question/-s and your  
answer/-s!

02



Write down the received  
question/-s and your  
answer/-s!

03



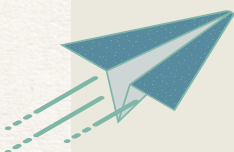
Write down the received  
question/-s and your  
answer/-s!

04



# My Plan of Action for This Goal by .....(day).....(month).....(year)

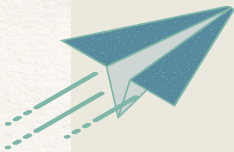
## The Goal Setting Game



Write down the time period  
(from/until)

.....

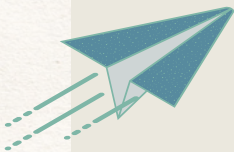
Write down your to-do list



Write down the time period  
(from/until)

.....

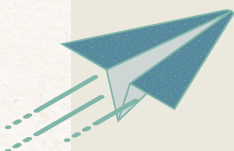
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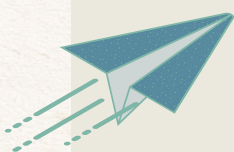
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.....

Write down your to-do list



Lat top!